MindScience

An East-West Dialogue



The Dalai Lama

Herbert Benson

Robert A. F. Thurman

Howard E. Gardner

Daniel Goleman

and participants in

The Harvard Mind Science Symposium

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In the autumn of 1990, we believed that it was time to take stock of where these experiments had brought us, and thus the Mind Science Symposium was conceived. His Holiness agreed to attend, and the dialogue was further expanded to embrace Eastern and Western concepts of the mind.

I am grateful to all those who attended and made the symposium such a success. My hope is that it will not only act as a watershed for the decade of fruitful mind science interactions between East and West, but also point to future advances in our continuing collaboration.

HERBERT BENSON, MD
Boston, 1991

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ISBN 0-86171-066-5

$13.95

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